

Meals on Wheels Programs & Services of Rockland E-Newsletter

November 2014

We invite our participants, volunteers, supporters, and staff to enjoy the November 2014 issue of our E-Newsletter. Please take a moment to read about recent news.

Join the #UNselfie Movement!



Join the "unselfie" movement: **Take an #UNselfie photo of yourself or with your family and friends holding a sign promoting Meals on Wheels and then post the photo on social media.**

Be sure to include the following tags:

#UNselfie
#lohudcares
#GivingTuesday
@MOWRockland

Thank You Barbara

Meals on Wheels sincerely thanks Barbara Kohlhausen for over 6 years of dedicated service as the agency's President/CEO as she moves on to the next phase in her life: retirement! Barbara has been an incredible agency leader and advocate for seniors in our community.



Thank you!

SAVE THE DATE

Please save the date of Saturday, March 21st, 2015 for an evening **Art Auction** to benefit Meals on Wheels Programs & Services of Rockland!

Also, plan to donate to Meals on Wheels and your other favorite charities on this year's **#GivingTuesday: December 2, 2014.**

An Inter-generational Celebration



Kid's Kingdom Participates in Halloween Fun with Clarkstown/Pearl River Senior Center!

Halloween was made extra special at the Clarkstown/Pearl River Senior Center with a visit from our friends and neighbors at Kid's Kingdom. Our seniors love sharing their centers with young people from the community, so if your class is interested in an inter-generational experience, please contact Jean LaBosco at jlaborco@mowrockland.org or at 845/624-6325.



More Information To Follow!

Please Donate Your Free Supermarket Turkey!

Meals on Wheels will gratefully accept donations of frozen turkeys that will be used to prepare Holiday meals for hundreds of home bound seniors. Turkeys can be dropped off at our 121 West Nyack Road office Monday to Friday between 8:30 a.m. and 4:30 p.m. If you have any questions please call (845) 624-6325.



Thank you!

Meals on Wheels' Adult Learning Center Founder Honored



"Unsung Hero" Marty Weitzman

Meals on Wheels' Adult Learning Center Volunteer was recently recognized by the Rockland County Times as an unsung hero. Marty volunteers at the Adult Learning Center and was a computer instructor and director of the Adult Learning Center for over 13 years. Through his pioneering volunteer efforts, Marty has helped hundreds of seniors become computer literate. Please [click here](#) to read more about Marty.

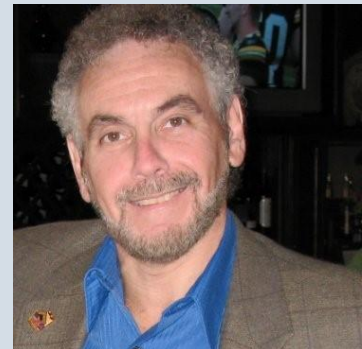
Honor A Caregiver With A Special Message



In the United States there are more than 15 million caregivers of those living with Alzheimer's and dementia. November is national Alzheimer's Disease Awareness Month and National Caregivers Month. If you would like to recognize a wonderful caregiver for all they do, consider honoring them by posting a tribute message on the Alzheimer's Association's

Welcome New Board Member

Meals on Wheels welcomes Lou Dretchen to the Board of Directors. Please [click here](#) to read more about Lou.



Lou Dretchen

Driver of the Month

Congratulations to Meals on Wheels Employee Julio Saravia, Driver of the Month! Please [click here](#) to read more about Julio.



*Driver of the Month,
Julio Saravia*

website tribute page. [Please click here to post your message.](#)

Student Collects Food and Funds!



Pearl River High School Senior Katherine Gilbride

Katherine Gilbride wanted to get involved and thought Meals on Wheels would be a great place to support. Katherine volunteered her time to collect donations of non-perishable foods outside her local grocery store and while doing so also accepted cash donations on behalf of the agency. Thanks to Katherine and the support of many shoppers, Katherine collected enough food to put together 60 Blizzard Boxes for the agency's shelf stable food program and enough cash to "Adopt A Senior!" For more information about making Blizzard Boxes or Adopting A Senior, please contact Sharon Martini at smartini@mowrockland.org or at (845) 624-6325.

Support Meals on Wheels

Our programs and services are only possible with support of generous donations. [Please consider commemorating a special occasion or sending a message of sympathy](#) with a donation to Meals on Wheels.

Make a tax-deductible on-line contribution today by [clicking here.](#)

Like us on **Facebook** 

Join Our Mailing List!

Follow us on **twitter**

Estate Planning

Did you know that there may be [tax and other benefits](#) in making a planned gift to Meals on Wheels? Planned gifts may include bequests, charitable gift annuities, gifts of stock, and gifts of life insurance for example.

For more information, please [click here](#) or contact

Marie Porrovecchio
at (845) 624-6325 .

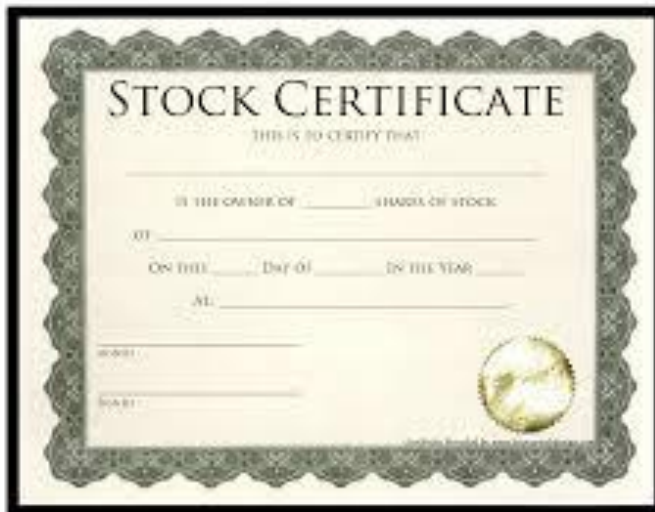
Wells Fargo Offers Continued Support



Rajaa Rodriguez and Andrew Tobin from Wells Fargo present Meals on Wheels' Maddy Schiering with a check.

Meals on Wheels is pleased to announce the receipt of a \$1,000 donation from **Wells Fargo**. The agency truly appreciates Wells Fargo's continued support over the past several years.

Year End Tax Advantage: Consider Donating Stock



Thank You to the Kurz Family Foundation!

A very grateful thank you to the Kurz Family Foundation for a very generous grant in support of the agency. The Kurz Family Foundation has been a continued supporter of Meals on Wheels Programs & Services of Rockland!



Girl Scouts Care

Girl Scouts from Pearl River Troop 40215 recently spent time at the Clarkstown/Pearl River Senior Center playing charades and Scattegories and getting to know some of our wonderful seniors!



30% of total annual donations to charities are made each December. So if you are among those who make your charitable contributions during the holiday season, then you may want to think about how you can combine your philanthropic goals with year-end tax advantages. [Please click here](#) to read why donating stocks to your favorite charity, such as Meals on Wheels, may be something you want to consider!

Local High School Students Volunteer on Special Project Day



Local Students Volunteer on Special Project Day

18 students from three local high schools- Clarkstown North, Clarkstown South and Albertus Magnus- volunteered for six hours on Saturday, November 8th at Meals on Wheels. The students provided an invaluable service helping to clean over 100 food carriers and assist with various repairs in our commissary, where thousands of meals are made each week.

PATH Grant Received

Meals on Wheels is pleased to announce the receipt of a Programs to Assist the Hungry (PATH) grant for \$1,000 from Cornell Cooperative Extension Association of Rockland County. This generous grant will be used to purchase food for the Homebound Meal Delivery Program.



Alzheimer's Support Group Meets at Adult Day Care of Rockland at the Bobbi Lewis Center

The Alzheimer's Association, *Hudson Valley/Rockland/Westchester, NY Chapter*, offers a support group for family members that meets at the Adult Day Care of Rockland at the Bobbi Lewis Center on the 2nd and 4th Wednesday of the month from 12:30 p.m. to 2:00 p.m.



For more information on the Alzheimer's Association and their programs, please [click here](#).

Ladles of Love in Suffern



Esther Gitlow residents enjoy free soup provided by Meals on Wheels.

Meals on Wheels traveled to Esther Gitlow Towers in Suffern this month. Over 40 bowls of free soup were distributed to the residents on Wednesday, November 19th. Meals on Wheels will continue its monthly free soup day at various county locations.

We hope you enjoy the newsletter, and we welcome your feedback.

[Meals on Wheels Programs and Services of Rockland](#)

Subscribe to Office for the Aging Newsletter

Looking Forward is an informative bi-monthly newsletter that offers information pertinent to seniors. The newsletter focuses on topics that provide help, suggestions and sources that keep you up-to-date with information sought by many seniors.



[Click here for information on how to subscribe.](#)